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JC918 U.S. PTO

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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In Re Application of Mok et al : Art Unit Not Assigned
Filed Herewith : Examiner Not Assigned
Inventors Mok et al. : Atty Dkt YOR920000399US1

JC918 U.S. PTO
09/17/00
12/07/00

For: IMPROVED EFFICIENCY IN LIQUID AND GASSEOUS
PLANAR DEVICE COOLING TECHNOLOGY
EXPRESS MAIL CERTIFICATE

Commissioner of Patents and Trademarks
Washington, D.C. 20231

Sir:

EXPRESS MAIL LABEL NO.EF146714540US
Date of Deposit 12/7/00

I hereby certify that the following attached Patent Application of Buchwalter et al.
including:

Transmittal letter- 1 page
Specification and claims - 13 pages,
Drawings 2 sheets- informal
Declaration - 2 pages
Assignment - 1 pages + cover
Associate Power of Attorney - 1 page
Filing Fee \$ 790.00 - Assignment Recordation Fee \$40.00 -DpAcct Auth.
Information Disclosure Statement - 1 page + listing- 1 page + references

is being deposited with the United States Postal Service "Express Mail Post Office to Addressee"
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Alvin J. Riddles

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Alvin J. Riddles 12/7/00
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09/17/00 "12/07/00"

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were randomly assigned to a control group (CON) and an exercise group (EX). The EX group performed a 10-week training program consisting of 3 sessions per week of 30 min of aerobic exercise at 70% of their maximum heart rate. The HR and HRR were measured at rest and during a submaximal exercise test at baseline and at the end of the 10-week training period. The EX group showed a significant decrease in HR at rest and during exercise, and a significant increase in HRR at rest and during exercise, compared to the CON group. The results of this study suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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Inventors Mok et al	:	Atty Dkt YOR920000399US1

**For: INCREASED EFFICIENCY IN LIQUID AND GASSEOUS
PLANAR DEVICE COOLING TECHNOLOGY**

FILING AND ASSIGNMENT RECORDATION FEE AUTHORIZATION

Commissioner of Patents and Trademarks
Washington, D.C. 20231

Sir:

Authorization is hereby provided for charging the Filing fee and Assignment Recordation fee ,
in the amount of \$ 790.00, for the attached and above identified application to
USPTO Deposit Account 50-0510.

Respectfully submitted,

Alvin J. Riddles 12/7/00
Alvin J. Riddles

Reg. No. 17862